

Christmas 2021

Holiday Weekend Stay Fit Challenge

WARM-UP: 5-10 MIN. CARDIO (walk, jog, run, bike etc.)

1. 20 Air Squats/10 Lunges Each Leg
2. 10 Pushups/10 Triceps Reverse Dips
3. 10 DB Biceps Curl Oh Press (choose a moderate weight)
4. 10 DB Bent-Over Row Triceps Kickback (choose a moderate weight)

WORKOUT CHALLENGE: 3 ROUNDS FOR TIME (complete 3 rounds and see how long it takes)

Choose a challenging weight for each exercise to complete all reps without stopping

1. 20 DB Squat Thrusters (front squat with overhead presses)
2. 15 DB Renegade Row (pushups with single arm rows)
3. 10 DB Alternating Lunges with Alternating Front Raise and Lateral Raises
(alternating legs one with front raise one with lateral raise)
4. 5 DB Burpees Biceps Curl (burpee or modified version with standing biceps curl)

CORE WORKOUT: 2 ROUNDS

1. 15 DB Full Sit-Ups
2. 20 DB Oblique Twists
3. 10 Side Plank Left Hip Drops
4. 10 Side Plank Right Hip Drops
5. 10 V-Ups

***Equipment needed: dumbbells, yoga mat or towel, step or bench and water bottle**